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**Comparison of physiological and psychological
outcomes due to noise exposure among nurses and
patient in ICU**

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Sciences (MS) Degree**

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Abstract

Introduction: Intensive care unit due to presence of equipment and technology as the most common hospital environment that comes with sound pollution on mental patients and staff body, and finally on the quality of care provided by nurses and patients admitted for the duration of the effect. With regard to existence of difference and unique reactions to the sound of impact on the around the body and human spirit, a study aimed at determining the physical and psychological outcomes compared to exposure in the nurse and patients carried special nursing care sector.

Methods: This study is a descriptive study. The study sample consisted 72 patients admitted to the Intensive Care Unit Cardiac Surgery and 72 nurses in the intensive care unit of the hospital for heart surgery in 1393, is Shariati and Imam Khomeini Inventory Inventory Shdnd.az randomly selected demographic characteristics exposure to noise (noise exposure), which contains 19 questions in 3 sections for nurses is 18 questions was used in 3 patients. Questionnaire Validity and reliability obtained with Pearson correlation coefficient between the two tests, 97% (test re test). Independent t-test and ANOVA were used for statistical analysis. Data were analyzed using statistical tests in SPSS-20.

Results: The findings showed that exposure to noise in intensive care unit patients physically and psychologically influence over the nurse group. (Variable mood nurses mean and standard deviation, respectively, 83/3 and 49/0 patients, respectively, 92/3 and 57/0 is for changing physical condition mean nurses, respectively, 64/3 and 46/0 patients, respectively, 78/3 and 64 / is) In both the physical and psychological outcomes due to sound exposure level of education, age, marital status, there was a significant relationship ($P < 0/05$). In between physical and psychological outcomes due to sound exposure level nurses physical shifts work and work experience, there was a significant relationship ($P < 0/05$).

Conclusion: The results of this study showed that the effects and consequences of exposure to noise in intensive care unit patients both physically and psychologically is more nurses. The control and monitoring of sound physical and mental conditions are tougher in patients is very important. This field more attention from nurses, administrators and members of the medical team to discuss noise pollution and exposure in the intensive care unit provides.

Keywords: physical and psychological outcomes, exposure to sound, intensive care unit